

Safety tips and
an identity card from

**Representative
David
Orentlicher**

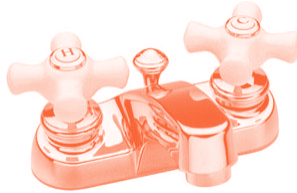
Bright ideas for your child's safety

3 Tips for car seat safety

1. Choose an appropriate seat for the child's age and weight. Children should ride in a rear-facing infant seat until they are at least 1 year of age and weigh at least 20 pounds. The child should remain rear-facing until reaching the maximum weight for the car seat, as long as the top of the head is below the top of the seat back. Forward-facing seats for older children may be used until the child reaches the seat's weight limit, or the tops of the ears reach the top of the seat back.

2. Check for proper installation. Infants should ride in the rear seat (never the front seat), at approximately a 45-degree angle to prevent slumping and breathing problems. Use a rolled up towel or newspaper as a wedge under the car seat below the baby's feet if your seat does not allow for angle adjustment. Follow the car seat instructions carefully, and test it for proper fit after installation.

3. Place the child in the seat correctly. In rear-facing car seats, shoulder harness straps should be placed in the slots at or below the infant's shoulder, and the harness should be snug. The seat's clip holding the harness straps on the shoulders should always be positioned at the level of the child's armpit, not on the abdomen or in the neck area. For more information, talk with your baby's pediatrician or visit the National Highway Traffic Safety Administration's website at www.nhtsa.dot.gov.



Wash away the sick days

Research shows that children who wash their hands regularly have only half as many sick days as their classmates. Hand washing also cuts down on the transmission of germs from kid to parent! Follow these steps to encourage your child to stay healthy.

Wash up: Toddlers are great imitators, so let them see you washing your hands in the bathroom, before eating, after blowing your nose, or after working outside.

Step up: Children can climb onto a step stool by about age 2, where they can easily reach the soap and water.

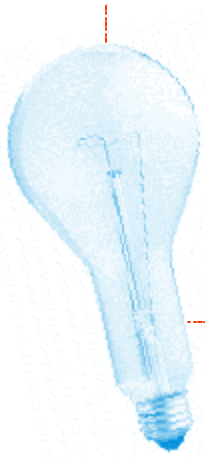
Lather up: Make sure children use enough soap and water to make bubbles, and have them scrub for about 30 seconds.

10 Easy ways to make your home safer

1. Use the back burners of your stove and turn pot handles away from you.
2. Never leave a child unattended in the bathtub.
3. Keep cords for drapes and blinds out of a child's reach.
4. Dispose of old medication by calling your local solid waste management district.
5. Check smoke alarms regularly.
6. Bolt bookshelves to walls to keep climbing children from tipping them over.
7. Make a fire escape plan.
8. Check that the hot water heater is not set above 120°F.
9. Store coins in a safe place.*
10. Tie plastic bags in knots when throwing them away.



*Coins are a choking hazard. Other common choking hazards for children are: Popcorn, hot dogs, chunks of meat, raisins, ice cubes, chunky peanut butter, nuts, hard candy, grapes, raw carrots, potato chips and corn chips.



Teach your child to be cautious around strangers

Most young children are extremely loving and

friendly. As a parent, you want to foster that sunny outlook that children have of the world. But you also want to protect your child against the possible dangers that exist. The following are suggestions for keeping your child safe while maintaining his or her trusting nature.

Supervise: Always keep an eye on your child when the two of you are in a crowded place. Since you can't watch kids at every moment, be sure that they understand the rule about always keeping you in sight.

Explain the difference among strangers: Tell your child that they should be nice to everyone, and that most people are good and kind. Still, there are some people who are not nice to kids, and those people could hurt them. That's why he or she should never leave with a stranger, and never get into a stranger's car without Mom or Dad.

Maintain trust: It's important to let children know that you'll never be angry with them if they tell you the truth. Your child must feel safe to confide in you if something happens, especially because most molesters warn children not to tell parents their "secret."

Safety tips from Representative David Orentlicher



For additional copies of this piece, contact Rep. Orentlicher at 200 W. Washington St. Indianapolis, IN 46204 H86@in.gov

Don't overreact: Stranger safety is very important, but it's also important not to rob children of their natural naivete. It is during a child's early years that he or she learns what is "normal." You want your child to believe that being caring and empathetic is the normal way that adults act. Children raised in fear are more likely to be insecure and behave inappropriately as they grow older.

Child safety identity card

Place a recent photo here.

Name

First

Middle

Last

DOB

Sex

Race

Blood type

Height

Weight

Eye color

Hair color

Fingerprints

R. Thumb

R. Index

R. Middle

R. Ring

R. Little

L. Thumb

L. Index

L. Middle

L. Ring

L. Little

Fill out this card and keep it in a safe place.

Fingerprint instructions

1. Using a stamp pad (found in many craft stores), hold your child's finger rigid and place on the pad.
2. Lightly press your child's inked finger to the corresponding square on the card.
3. Remove ink from your child's fingers with soap and water.

